



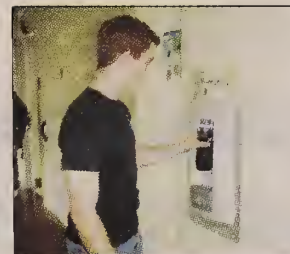
Lest we forget

College holding Remembrance Day ceremony.

Page 9

SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Staying hydrated

New station reduces waste and is more sanitary.

Page 2

MONDAY, NOVEMBER 9, 2009

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGA.CA/SPOKE

41ST YEAR - NO. 1



PHOTO BY SARAH MACINTOSH

Jenni Guenther, from left, Sarah Herbert, Jory Willits, Kathy Gerber and Erin Brawn dressed up as a box of crayons for the CSI Halloween Pub Night, each being a bright, different colour. For more photos see Page 6.

Halloween hijinks

Students get creative at pub night

By SARAH MACINTOSH

Conestoga students did the monster mash through the fog Oct. 29, decked out as crayons, pirates and even good girls gone bad. Conestoga Students Inc.'s Sanctuary was the scary scene with orange and black streamers, fake cobwebs and caution tape hung all over the walls. The music was loud and the students had a great time on the dance floor under flashing lights. There was even an inflatable coffin.

Students went all out, dressing as prisoners, cheerleaders, construction workers and, of course, superheroes. Many wore store-bought costumes, although some showed off their creativity and originality through their home-made attire.

"Halloween Pub Night has

always been successful," said Tara Herriot, CSI event coordinator. "Many students always want to dress up and go somewhere fun and exciting with their friends."

There was a contest for the best costume which was decided based on the screams from the audience. The person who received the loudest response won. First prize was \$50 and second prize was \$25.

The event, which was held at the 250-person-capacity Sanctuary, was sold out by Oct. 26. Herriot said she saw enough costumes to believe all 250 people who bought tickets attended at some point.

"I really enjoyed this year's Halloween Pub Night. There were a lot of creative costumes and, overall, I believe everyone had a good time," said Herriot.

Conestoga students support the United Way

Business foundation students compete against each other to raise the most money

By NICOLE FRANK

Students had fun on Oct. 29 raising money for the United Way.

With a donation of any amount, students could try their luck at a variety of games organized by first year business foundation students at Conestoga. Guitar Hero, bowling, putting and soccer were all offered in the Student Life Centre at noon.

Colin Breen was one of the students working hard to raise money. He set up a miniature golf course for students to enjoy. Breen explained the students in his business foundations course were split into three groups and they were all competing against each other to raise the most money.

"It's fun and for a great

cause," Breen said.

Conestoga College has reached about 70 per cent of its goal to raise \$50,000 for the United Way.

Stephanie Martel, a student from the University of Waterloo, works with the United Way and she came to Conestoga to show her support and help raise money. She is thrilled about all of the things she has gained from her involvement with the organization.

"I have learned so much about the community," Martel said.

Contributing students also had an opportunity to enter their name in various draws for some great prizes, including Rogers Plus coupons, \$10 gift certificates for Central Fresh Market and a Palm Beach Mega Tan trial.



PHOTO BY NICOLE FRANK

Shane Lowry and Tricia Matchett battle each other at a game of Guitar Hero. The United Way was asking for a donation of any amount for a chance to 'rock out' at Conestoga on Oct. 29.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

If you could be on any reality
TV show, what would it be?



"The Amazing Race
because it would be just
crazy to do."

Kyle Bom,
third-year
ACET

"Survivor, 100 per cent. It's
awesome. I'd be making
weapons, and I would be the
one kicked off for actually
doing what he's supposed
to."

Edward Her,
first-year
police foundations



"What Not To Wear: It
would be nice to get a
shopping spree and a new
wardrobe."

Erika Van Every,
first-year
nursing

"The Amazing Race,
because it seems like an
epic adventure."

Drew Becker,
first-year
marketing



"America's Next Top
Model. They always have a
trip that goes somewhere
awesome."

Pamela Gruetzmacher,
second-year
broadcast journalism



"That Japanese show, MXC
... There's no other game
shows like that. Or
American Gladiator."

Scott Campbell,
first-year
marketing



Smile Conestoga, you could be our next respondent!

Get hydrated at new station

By **STACEY FALCONER**

If you haven't noticed yet, Conestoga has recently become a little greener. A new Hydration Station has been installed near the graphic design wing and by the Sanctuary to reduce the amount of bottled water being used. The station cost approximately \$1,499.

According to the Hydration Station website, stayhydrated.net, "On average, bottled water costs between 240 and 10,000 times what tap water costs. Hydration stations produce fresh, polished water — a perfect substitute for costly bottled water."

"The first R is reduce," said John Tielemans, a professor and a member of the Green Committee at the college. "We should reduce the number of plastic bottles we use. Carry your own bottle rather than drinking bottled water."

People tend to forget about the first R, we should recycle what we can't reuse or reduce."

Students have already been filling their water bottles with pure and freshly filtered water — happily. Once hydration stations have been installed at other Conestoga campuses, they will be adding more across Doon. However, there is no time frame for this to happen.

Not only will this filtration device reduce the number of plastic bottle waste at Conestoga, but since the hydration station has touch-free hygienic sensor operation, it is sanitary. This reduces the risk of infection and Conestoga students' comfort level with drinking the school's water.

"I've heard students saying it is better to have, especially with the H1N1 virus around," said Tielemans.

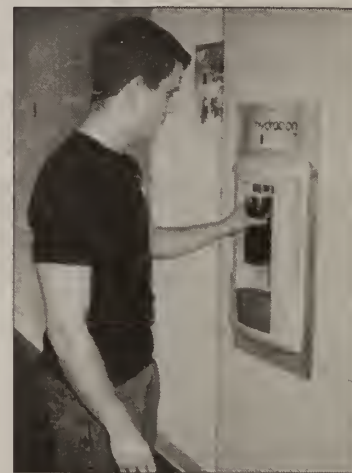


PHOTO BY STACEY FALCONER

Raymond Fisher, a second-year police foundations student, fills his water bottle with filtered water.

Future stations will be refrigerated, thus dispensing cold water. When new ones are purchased, the non-refrigerated units will be moved to low-traffic areas.

COUNSELLOR'S CORNER: *Suicide*

When we are going through difficult times, it may seem hard to believe the pain will ever end. Suicide may seem like the only answer to problems. People who have considered suicide may feel helpless, desperate, or that there is no hope in their lives. If you are thinking that life is unbearable, or you are wondering if a friend may be suicidal, here are some warning signs to consider:

Talk of — escape, having no future, being alone, feeling hopeless or helpless, suicide, death, or plans for suicide;

Feelings of — desperation, hopelessness, disconnection from family and friends;

Situation — relationship problems, work problems, school/failing grades, trouble with the law, family breakdown, sexual/physical abuse;

Physical Changes — lack of interest/pleasure in all things, lack of physical energy, disturbed sleep, loss of sexual interest, loss of appetite;

Behaviours — alcohol/drug abuse, fighting, lawbreaking, emotional outbursts, dropping out of school, prior suicidal behaviour, putting affairs in order, giving away prized possessions to friends and family, telling final wishes to someone close, a sudden and unexpected change to a cheerful attitude, behaviour that is out of character (i.e. a cautious person who suddenly becomes reckless)

If you suspect that a person may be suicidal, ask them about it, and encourage them to share what is happening with them. Talking about suicide with someone does not support suicide; it only shows that someone cares about what they are going through.

Suicide is a permanent solution to a temporary problem.

If you feel that any of this information applies to you or someone you know, ask to speak to a counsellor in **Counselling Services, Room 1A101.**

In case of an emergency after hours, please contact the Mobile Crisis Team @ 1-866-366-4566 (toll free).

LAST-DITCH EFFORT



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www.1de-online.com

Scholarship winners recognized at Conestoga

By JANELLE SCHEIFELE

The winners of the Millennium Excellence National In-course Awards for Conestoga College were recognized at the latest board of governors meeting on Oct. 26.

Winners are currently studying at Conestoga and were selected based on academics, overall citizenship and community service, leadership and innovation. Money was awarded at different levels and prizes ranged from a one-year amount of \$4,500 to a two-year amount of \$10,250.

Recipients received a framed certificate, a round of applause and a handshake from college president John Tibbits and board of governors chair Dave Arjune.

Winners and their program were: Francis Coral-Mellon, broadcast television; Matthew Kennedy, business administration — financial planning; Erin Moerman, occupational/physiotherapy assistant; Albert Nyikos, renovation technician and Benjamin Pavey, general business.

This was the final year for the Canadian Millennium Foundation, Canada's largest national undergraduate merit scholarship program. They

are currently winding down and will deliver their final financial statements for 2009 next year. The foundation will be dissolved in 2010.

The college board of governors meets monthly and is made up of outside community members, college staff and the president. They provide leadership and set goals, objectives and the direction of the institution. Members review and approve the school budget, business plan, annual and financial reports and also approve any contracts the school enters into.

The board of governors will meet again on Nov. 23 at 5:30 p.m. in the Guild Room.

In other board of governors news:

■ Sandra Schelling, dean of continuing education and corporate training, made a presentation explaining and updating board members on second career and skills development programs. The future look of second career is a bit hazy due to sporadic communication from government sources, but Conestoga College believes it is a valuable endeavour and hopes to have new programs starting by the end of November and into January.

■ Members ratified a con-

struction management contract for the new Cambridge campus. The \$2.7-million contract went to Vanbots Construction.

■ Members approved three motions related to the new Ingersoll campus. Firstly, Conestoga confirmed that it will develop a power training centre according to the Community Adjustment Fund. Secondly, they accepted a donation of 4.6 acres of land from the town of Ingersoll. Finally, the construction manager position has been awarded to The Walter Fedy Partnership. The campus must be complete by the end of March 2010 to receive funding.

■ There are now 8,700 students enrolled in full-time study at Conestoga College. The most significant increase is first-year students, now at 5,407 compared to last year's total of 4,507.

■ There are now 1,000 students registered in the disability centre.

■ A strategic planning meeting will be scheduled for January. This will establish a five-year plan for the college, with meetings to be held over two sessions. Dates will be confirmed later.

Women empower women

By ALEX COOKE

Women in trades and technology programs turned out for an annual discussion panel on Oct. 29 to share experiences and insight on working in male-dominated professions such as architecture, woodworking and computer programmer analyst.

Mike McClements, associate vice-president of the schools of engineering and information technology and trades and apprenticeships, was the only man at the discussion.

He said events such as this one make sure a student's time at Conestoga is enjoyable.

"It is fundamentally important to engage more women in careers in technology," he said.

Julia Biedermann, chair of engineering and information technology, opened the evening's discussion by introducing three guest speakers to the approximately 30 women in attendance.

Tessa Gabiniewicz, who graduated from Conestoga's mechanical engineering and technology robotics and automation program in the summer, had a positive message for women in programs such as the one she excelled in.

"Keep an open mind, and don't let your fears get in the way," she said.

Sandra Skanes, a single

mother of two teenage daughters, has overcome many obstacles in her post-secondary career. After graduating high school 20 years ago, she enrolled in Conestoga's computer programmer analyst program. Unfortunately, that year the college went on strike and Skanes went to work as a welder.

"I didn't think to come back to school until a leg injury prevented me from working," Skanes said.

Now attending her third year at Conestoga through WSIB, Skanes' grades continue to soar, with an average well over 90.

"Now my 16-year-old wants to come to Conestoga and take the same classes I'm in," said Skanes.

Becky Jansma, a third-year architecture construction technology student, was originally attending Humber College, but made the switch to Conestoga because of the high employment numbers after graduation.

"It was definitely the right fit (for me). I wanted to be challenged," Jansma said.

Samantha Walter, a second-year civil engineering student, attended last year's discussion panel and was inspired by Skanes' story.

"She was empowering, it's amazing she could go through all that," Walter said.

"Be proud of what you've accomplished," Skanes said.

CORRECTION

In the Nov. 2 edition of Spoke, a second-year woodworking student's name was spelled incorrectly due to a production error. Ian Hartman won a first prize of \$3,000 after creating a wooden tape dispenser. Spoke apologizes for the error.

Celebrate

Random Act Of KXndness Day™

Reach out to another person
through a Random Act of Kindness!

Pick up a Random Act of Kindness Card and 'pay it forward' when performing an act of good faith.

Check out the Student Life Centre,
Door #4 & Door #6 for ideas on kind
acts & to also get your Kindness Card!

Student Life
inspire · inform · involve



CONESTOGA
STUDENTS INC

THE KITCHENER
AND WATERLOO
COMMUNITY
FOUNDATION

Friday
Nov. 13th!

Be the difference.
RESPECT

Canadian
Diabetes
Association

Today, 1 in 5 people
with diabetes
survives heart disease.

Help reverse the trend.
Visit getserious.ca

Sexism and Halloween

By **FREEMAN CARTER**

When did the princess become the Hooters waitress? Halloween has come and gone for another year, but that doesn't mean it has been forgotten. With social networking sites like Facebook and the abundance of digital and cellphone cameras, that costume you wore could haunt you for some time.

Take a look at men's costumes: police officers, firefighters, superheroes. Feel like getting a few laughs? Take a walk down the aisles of a costume shop and grab a giant hotdog or man-eating shark costume. Either way, you won't be showing off your body, unless you want to.

Sadly, the same cannot be said for women. Want to be a female police officer or firefighter? Sure, but only if you wear the sexy (read slutty) version of the costume. Even super heroines haven't been spared this crime, with Marvel comics introducing their own Women of Marvel collection, which shows off even more skin than they do in the comics.

Remember that part of the store full of gag costumes for men? Best of luck finding that section for women. Instead, the female gender gets shelf after shelf of short skirts, thigh high boots and tops that barely cover their breasts.

When did Halloween become less about dressing up and getting candy (or drunk as you got older) and more about who could wear the sluttiest costume? Some guys may argue that this is a change for the better, but those are probably the same guys asking/begging their girlfriends to wear said costume.

Is it the media's fault for showing that this is how women should dress in television shows and movies?

Costume shops have to take some of the blame. Party Packagers had a limited selection of female costumes, most of them slutty. Same goes for the Stag Shop, although you can't really fault them, since you know what you're getting before you even open the door.

Do you remember your picture being taken at that party you were at? Maybe you pulled a Britney and showed off a little too much for the "paparazzo" with his camera phone. If he posts those photos on his Facebook page, anyone can get access to it. Best of luck explaining that to family and friends.

The views herein represent the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer

than 500 words.

Spoke reserves the right to

edit any letter for publication.

Address correspondence to:

The Editor, Spoke, 299

Doon Valley Dr.,
Room 1C30, Kitchener, Ont.,
N2G 4M4



Cellphone ban now in effect

You're driving down the road enjoying a peaceful day when all of a sudden some jerk on a cellphone crashes into you, instantly ruining your day.

In some cases this type of crash can ruin a person's life.

Hopefully, a ban on using cellphones while behind the wheel of a car will make driving safer.

The ban came into effect Oct. 26, and I say it's about damn time. I don't know how many people I see talking or texting as they are driving.

The Ministry of Transportation said the ban is needed because driver distraction is a factor in two per cent of all road accidents. Can we all say DUH!? I have to laugh at the fact they had to do a study to figure that one out. Apparently before the study it wasn't so bad.

Starting Feb. 1, drivers may face fines of up to \$500 if they are caught violating the ban. There are no demerit points attached to the law. The only exception to this ban is 911 calls.

Anyone else see the problem here? If the ban started Oct. 26, why are fines not starting until February?

For the first three months police will only be handing out warnings instead of tickets, but drivers can still be



Heather Muir
Opinion

charged under existing careless driving laws with fines of up to \$1,000 and six demerit points, licence suspension and possibly jail time.

I think fines should be starting now. Just last week I saw a guy in the car beside me talking on his cellphone, and I couldn't help thinking, where the heck are the cops when you need them?

I have a cellphone too, but if it rings while I'm driving, common sense tells me to pull over.

Talking on the phone seems annoying to me because it's like trying to watch a TV show with someone on the couch beside you yammering in your ear, making it hard to pay attention to what's happening on the show. You just want to smack them upside the head.

Drivers talking on cellphones are distracted and do not pay attention to what is happening on the road. However, you can still use a hands-free headset. Back to square one, it still doesn't solve the problem.

I'm sure the companies that make these accessories are enjoying the sales boom, but since these items still allow you to be on the phone in your car, would that not be just as distracting as using a hand-held one?

We will have to wait until after Feb. 1 to see if the ban is effective.

Unfortunately for some, they will have to endure visits to auto mechanic repair shops or the hospital because drivers won't take the ban seriously until then.

CELLPHONE BAN

What you need to know:

■ According to the Ministry, driver distraction is a factor in two per cent of all road accidents.

■ New law banning the use of hand-held devices came into effect Oct. 26.

■ If caught driving distracted you can be fined up to \$500, but will lose no demerit points.

■ Drivers are permitted to use a hands-free device such as a Bluetooth.

■ Only exception is 911 calls.

■ Police will be running an education campaign for the first three months before handing out fines.

SPOKE

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We must always remember



PHOTO BY NICK DASKO

The Canadian Veteran's Memorial in Waterloo is meant to pay respect and honour to those who continue to serve and those men and women who made the ultimate sacrifice. It incorporates figures from all branches of Canada's Armed Forces and through specific dress and equipment represents every theatre of war in which Canadians have served. It is a reminder of Remembrance Day for the generations.

"I sit on my porch, and I watch the parade pass before me. And I watch my old comrades, how proudly they march, reliving old dreams of past glory. And the old men march slowly, all bent, stiff and sore, the forgotten heroes from a forgotten war. And the young people ask, 'What are they marching for?' And I ask myself the same question. And the band plays Waltzing Matilda, and the old men answer to the call. But year after year their numbers get fewer, some day no one will march there at all."

These are the lyrics to And the Band Played Waltzing Matilda, a song that includes the story of an Australian World War One veteran who was disabled in the battle of Gallipoli. Remembrance Day is on Nov. 11, because that is the day on which World War One ended.

On Nov. 11, you observe Remembrance Day. Or you



Nick
Dasko
Opinion

may just go about your day as if it were any other Wednesday.

I am not an expert on what Canadian veterans receive as benefits or what soldiers with disabilities receive in exchange for their valour. It is likely that more could be done but that is not the purpose of this narrative.

I am writing because people are not remembering and the veterans of our wars are being forgotten.

Not enough of Ontario's students know about the battle of Ypres or where Flanders' Fields actually are. Perhaps we should rethink our educational priorities and requirements.

I will try to make sure those around me remember the sacrifices of Canadian troops. I will answer the question "What are they marching for?," even after there is no one left to march.



HEART
AND STROKE
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Now Recruiting Winter Orientation Leaders!

- Help new students have a great start at Conestoga
- Develop leadership skills
- Have fun
- Meet new people

Applications available in the Student Life Office room 2A101-2 or at www.conestogac.on.ca/studentLife. Due November 13.



Student
Life
inspire • inform • involve

THE GOOD THE BAD AND THE UGLY



It didn't matter what you were dressed up as at CSI's Halloween Pub Night, whether it was 'good girls gone bad,' a police officer, characters from the movie Fubar, or a football player — Conestoga students were there to have fun.

PHOTOS BY SARAH MACINTOSH





CSI REGATTA

PHOTOS BY DANE BRASON

Students competed in a regatta competition at the college Oct. 28. Students in teams of two built cardboard boats in the hope that theirs would stay afloat the longest. The winning team was Team Talent comprised of Alexander Sutcliffe and Jennifer Poole. They won a trip to Daytona Beach, Fla., courtesy of Breakaway Tours.



Career Advising

Career Planning Workshop

Want to learn about managing your career?

Our intro to career planning workshop is a perfect place to:

- learn about career planning
- do an interest inventory
- get great resources for managing your career path

Tuesday November 10 @11 in 3E32
or
Thursday November 12 @12 in 1D23

University Planning Workshop

Want to know more about planning for university?

Our university planning workshop is a perfect place to learn about:

- degree options
- choosing a program
- application process
- transcripts and fees

Tuesday, November 10 @12 in 3E32
or
Thursday, November 12 @11 in 1D23

Seating is limited. Students interested in attending either of these workshops will need to register by sending an email to

co-opandcareerevents@conestogac.on.ca

Career Advising

Student Life Centre
Room 1A105
(519) 748-5220 ext 2298

PITCH-IN!



It's ECO-logical!

MAKE-A-WISH

Because some wishes can't wait for someday.

Alumni honoured

By DANE BRASON

Conestoga College alumni were recognized at an Alumni of Distinction award ceremony on Oct. 22.

The awards honour outstanding Conestoga alumni in several categories, including community services and health and life sciences.

"It was an excellent time to reflect on what can and is achieved with a Conestoga college education," said Wendy Rose, alumni services and annual fund officer. "Our award winners included CEOs of well-known companies to the executive creative director of Taxi, which you'll recognize as one of the world's leading design/marketing firms."

This year's winners were:

Jeffrey Wiesel — engineering and information technology award winner. He is an electrical engineering graduate from 1983. Wiesel is vice-president and general manager at COM DEV's switch business unit, where he implemented the LEAN based model which increased manufacturing capacity and profit

Alumni of Distinction

margins of companies he works with.

Sharron Gilbert — business award winner. She is a materials management graduate from 1985 and is the co-founder, president and chief executive officer of Septimatech, which manufactures innovative container handling solutions for the global packaging industry.

Corey Hill — community services award winner. He is a law and security graduate from 1991. Hill worked for London Health Sciences Centre as team leader and security co-ordinator for almost 10 years before becoming the manager of corporate security for the City of London.

John Prno — health and life sciences award winner. He is an ambulance and emergency care graduate from 1978. Prno is the director of emergency medical services for the Region of Waterloo, oversee-

ing ambulance service in the area.

Ron D. Smrczek — media and design award winner. He is a 1996 graduate of graphic design and is the executive creative director at the advertising agency TAXI, New York, which creates multimedia campaigns. He has won numerous international, national and regional awards for his work.

Don Gosen — trades and apprenticeships award winner. He is a resource technician/electrical apprentice graduate from 1974 and has been the president of Gosen Electric Ltd. since 1977. Gosen successfully lobbied the provincial government to harmonize master electrician licensing, leading to the formation of the Electrical Contractor Registration Agency.

Drew Leslie — recent graduate award winner. He is a 2005 general machinist and 2008 industrial mechanic graduate, who now owns Leslie Precision Machining, which makes cutting-edge medical and educational robotic systems.



PHOTOS BY ALEX COOKE

Scott Dougherty happened to be driving past Gemini Hairstyling on Patricia Avenue and decided to get a haircut to support their charitable event held Nov.1.

Haircuts for heroes

By ALEX COOKE

Two weeks after moving their business to its new location, hairstylists Fay Antoniou and Diana Fowler decided to do something to support our veterans, and honour the memory of Antoniou's father.

Until Nov. 11, veterans can get a free haircut, and all money collected from other haircuts on Nov. 1 was donated to veteran causes.

The two hairstylists work at Gemini Hairstyling, 115 Patricia Ave., Unit 1, in Kitchener.

"When you give to your community, the community will give back to you," Antoniou said.

Antoniou's late father, Harold E. Walker, enlisted at the age of 17, lying about his age to fight for his country in

the Second World War as a Sapper in the Royal Canadian Engineers. He stormed Juno Beach on D-Day, served from 1940 to 1945 and was honoured with five medals. He passed away in May at the age of 86.

In addition to the free haircuts a raffle and silent auction was held featuring prizes donated by Angel's Diner, Jiffy Lube, FabuTan and KW Flowers.

The hairstylists also had hotdogs for sale, cooked by Walter Hendriks, a friend of Antoniou's.

Tickets were \$1 each, and the draw was made Nov. 1 at 2 p.m.

After seeing a brochure, Carlie McKie made her first visit to Gemini for the cause.

"I wanted to support our veterans, for their sacrifice," said McKie.



Hairstylists Fay Antoniou and Diana Fowler were happy to welcome first-time customer Carlie McKie in support of our veterans

On the 11th hour
of the 11th day
of the 11th month,


Canadians are asked to pause and remember the thousands of men and women who have served, and who sacrificed their lives fighting for freedom and democracy during the First World War, the Second World War, the Korean War, the Afghanistan conflict and during peacekeeping missions.




Please join us on
November 11th
at 10:35 am
in the Student Life
Centre Atrium
for a Remembrance Day
Ceremony to reflect on
those who gave their lives
and to think of those who
are currently serving.

CONESTOGA
STUDENTS INC.

Student
Life



HOROSCOPE



Week of Nov. 9, 2009



Aries

March 21 - April 19



Libra

September 23 - October 22



Taurus

April 20 - May 20



Scorpio

October 23 - November 21



Gemini

May 21 - June 21



Sagittarius

November 22 - December 21



Cancer

June 22 - July 22



Capricorn

December 22 - January 19



Leo

July 23 - August 22



Aquarius

January 20 - February 18



Virgo

August 23 - September 22



Pisces

February 19 - March 20

This week a Pomeranian will attack you. These dogs weigh less than 10 pounds and are very easy to fight off.

A prankster will build a replica of your desk out of papier-mâché. Be careful what you put on your desk.

On Thursday you will get a septum piercing that will become infected. This will force you to remove the piercing, which is, in the long run, a good move.

You will wake up on Sunday to find your mouth is full of purple feathers. You chewing on pillows or something you ate is causing this.

You will make the unfortunate decision to get a Monroe piercing. This will make you look unbelievable tacky and trashy.

A moped will hit you in the kneecap on Wednesday. Beware of the sound of a puttering motor. This indicates a moped.

On Wednesday a pie will hit you in the face. This will be rather unfortunate if you are wearing white or if you have food allergies.

You will have an allergic reaction to a wookie costume that has been lying around your home since Halloween. You should get some meds.

This week someone will try to convince you that the Twilight books are legitimate literature. You will make them cry, making you feel guilty.

A dirty diaper will land on your head on Friday. Carry an umbrella. Thankfully it is only urine soaked and not full of feces.

At some point this week a small child will compliment your nose hair. You should either get a job with kids or trim the hair.

An elderly woman will drive a go-kart into your bedroom. Since she has no driver's licence you have limited options.

Nick Dasko is a second-year journalism student who makes these up for your amusement.



Hand carver to speak at woodworking club Nov. 9

By STACEY FALCONER

If you have an interest in woodworking and design, there's a new club on campus that is perfect for you.

Members of the Three Legged Stool are hoping to offer at least one seminar a month with guest speakers as well as skill development workshops. They are also aiming to meet once a week in a classroom made available to the club.

"We are in our infancy, operating for only three weeks," said Ben Wright, one of the club's founders. "But, thanks to our dedicated executive, we believe we've developed the scaffolding required to make this club a success."

On Nov. 9 from 7 to 9 p.m. in the woodworking building, Room W9, world-class hand carver Peter Findlay will be the guest speaker. All students are welcome, not just those who are club members. Tickets are free to members or \$2 for non-members, and can be purchased at the door.

The club is always on the look out for guest speakers, inviting students' suggestions and requests through email at 3legstool@gmail.com. Members hope to attain innovative and creative experts in areas related to woodworking and small business management.

“

Our goal is to offer an educational and informative forum for people interested.

— Ben Wright

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On Nov. 23 Three Legged Stool members will welcome their second guest speaker, Konrad Sauer. Sauer is a world-renowned infill plane

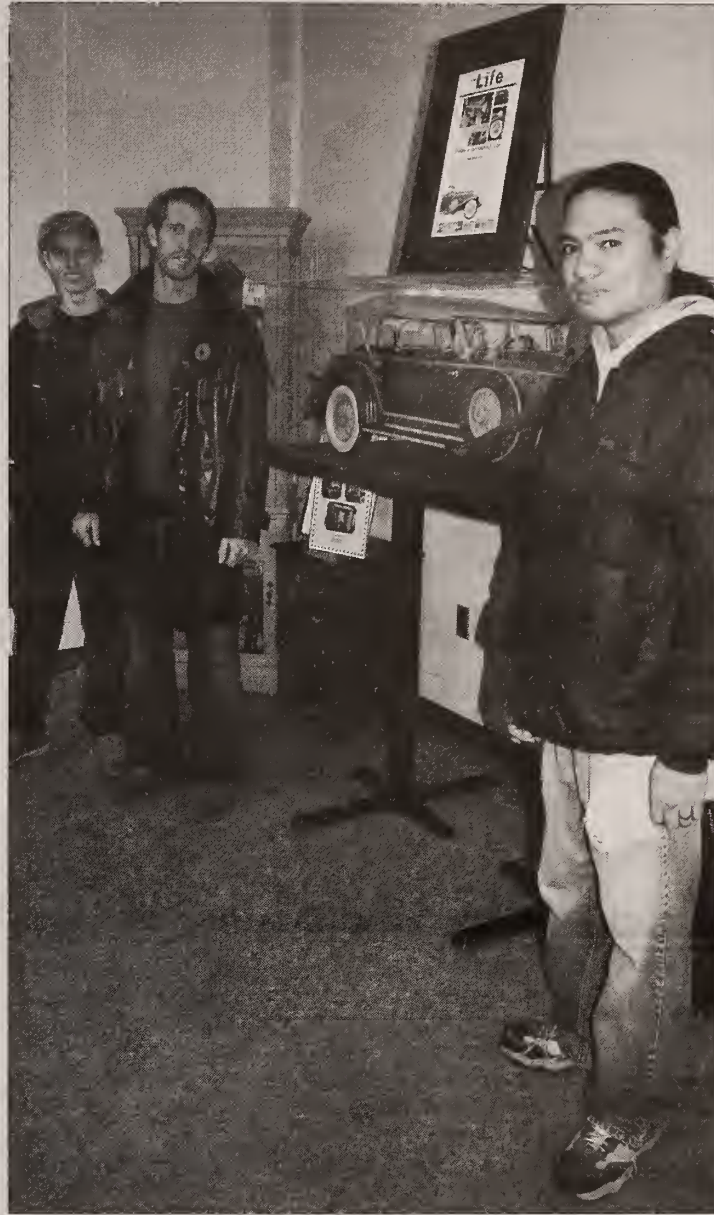


PHOTO BY STACEY FALCONER

Club founders Mel Diamonon, from right, and Ben Wright are accompanied by their first-year representative, Chris Fraser, beside a Peter Findlay carving.

maker, which is a tool used to flatten, reduce the thickness of and impart a smooth surface to a rough piece of wood.

"Our goal is to offer an educational and informative forum for people interested," said Wright.

While Three Legged Stool is growing rapidly with 20 members and over 100 people on their email list, they are always looking for new members. The cost of a membership is \$10.

For more information on the group or how to join, go to www.3legstool.webs.com or contact Ben Wright at 3legstool@gmail.com. All students interested in woodworking and design are welcome to attend any seminars and presentations.


Conestoga remembers Nov. 11

By LISA BUCHER

On Nov. 11 Student Life and Conestoga Students Inc. are holding a 25-minute, Remembrance Day ceremony in the atrium starting at 10:25 a.m. Students are encouraged to pick up their poppies at the Student Life information desk, CSI or health services for a small donation.

During the ceremony students and staff will be speaking

College ceremony starts at 10:25 a.m.



ing and reading poetry. Elissa Cressman, a student life programmer, in honour of her late grandfather, a Second World War veteran, will be sharing his story. Video clips will be shown of veterans speaking

about their experiences.

There will be two minutes of silence at 11 a.m., announced over the PA system by a security official, allowing everyone to take that time to stop and pause.

Last year was the first time a ceremony was held on campus and there was a good turnout said Cressman. Student Life received many emails after the event commenting on how nice it was to have something on campus.

Geoff Johnstone's soccer legacy

By MITCH MUIR

Geoff Johnstone gets a kick out of soccer.

He always has. But after 38 years of coaching the Conestoga men's varsity soccer team, he felt it was time to hang up the cleats.

He began coaching the men's team in 1971.

"I'd been here for a year as a teacher," said Johnstone, 62. "I found out there was a team and I offered to help the coach. We played four games, and he just suddenly turned around to me and said, 'You know more than I do about this game, you take over.' He never reappeared again."

At the time, he was still a player, so coaching was a new experience.

"I had never coached before. The standard of soccer wasn't that great. You'd have about four or five people who really knew how to play the game. You could drive around southern Ontario and not see many soccer fields in those days, whereas now, they've sprouted up all over the place."

Johnstone moved from Liverpool, UK, to Hamilton in 1969 after completing his major in sociology and his minor in statistics. After moving to Canada from Liverpool, he finished his master of arts in sociology at McMaster University. He began teaching at Conestoga in 1970 and is currently the liberal studies co-ordinator for degree programs.

He never played anything higher than amateur soccer.

"I once had a scout come to look at me because I scored a lot of goals in one year," said Johnstone. "He said the cruelest thing to me that's ever been said in my entire life. He told me 'Son, you've got deceptive speed; you're even slower than you look.'"

"My legs are probably about four inches too short to have any speed, and I just didn't have the pace to play any higher a level than that. I probably had the head and first-touch skills to play, I just was not a fast runner."

Duane Shadd, 59, teaches



PHOTO BY MITCH MUIR

Geoff Johnstone retired from coaching the men's soccer team after 38 years.

fitness programs to students in law and security, paramedics and firefighter pre-service programs.

"Geoff has been my mentor from since I first got here when he first told me about how to set courses up, so he's been a good friend, a great coach and is great to work with," said Shadd.

He started working with Johnstone in 1978. Shadd has never been a soccer player, but has been involved in sports.

"I had the experience in terms of taping ankles," said Shadd. "The next year I moved into an assistant coaching role and was able to use my expertise to (watch) in terms of players and strategies. I never looked at soccer as soccer. For me it was always hockey or basketball, and we applied the different strategies, and for Geoff, it was a way to look at soccer from a different perspective."

Shadd said Geoff is a control freak.

"During a game that's fine. I'm pretty tough to control myself, so in practice, I had control of certain other things. I could run the fitness part of it, and he could take care of the skills, so it was

like salt and pepper. We're always doing things together and we feed off each other's energy."

James MacLean, 20, is in his second year of aviation general arts and science, and played for Johnstone during the 2008-2009 season for both indoor and outdoor soccer teams.

He said the passion Johnstone put into the coaching rubbed off on the players.

Johnstone enjoys watching the English Premier League.

"He's a huge Liverpool fan, and everybody knows that," said MacLean.

He missed Johnstone as a coach this year.

"It was a shame that he wasn't around more often," MacLean said. "It was good to see him out."

While coaching, he also put his all into his academic work, co-writing two books — A Comprehensive Demographic Survey of Full-time Students at Conestoga College in 1979, and Sociology and Canadian Society in 1998. He's also written six major papers, all on a variety of subjects.

To say he's built up quite a reputation is surely a statement for captain obvious. His work on the pitch has garnered him coach of the year

several times, including the 1996-97 season where he won for both the men's and women's teams. He's the recipient of The Aubrey Hagar Award for Teaching Excellence, as well as the Employee Recognition Award — Outstanding Contribution to Student Life, Conestoga College.

Johnstone is the only coach who's won both men's and women's indoor and outdoor soccer championships.

"We won the men's outdoor in 1979-80, we won two men's indoors in 1988-89, and then we won it again about three years later," said Johnstone. "In the early '90s we won two back to back (championships) with the women's team, and in 1996 we won the indoor with the women."

Moe Yousufi was a striker for the Condors this past season, and played with Johnstone for two years.

"He had more passion than any coach I've played with. He has a big heart for soccer," said Yousufi.

He remembers many things from having played with Johnstone, but there are some things more important than others.

"Love the game, have fun

playing it, give it the best you've got and make sure you get along with your teammates," said Yousufi.

With regards to his retirement from coaching, Johnstone's very much at peace with his decision.

"I had a major health scare in April, and I had a blood pressure reading that was in stroke territory. My wife and my doctor ganged up on me and said I needed to cut back on some of the things I do."

In the fall and winter he was spending 12-14 hours at the college, and then he would drive all the way back to Hamilton, making it a long day.

"My wife told me I've got to start doing more for myself and less for other people," said Johnstone. "So I thought about it and I've achieved a lot with soccer. I've lost count, I think I've got about 25 or 26 Ontario medals from leagues."

“

He had more passion than any coach I've played with.

He has a big heart for soccer.

— Moe Yousufi

”

He calls a soccer game a religious gathering in Liverpool. Back in the day, he said, you'd have 28,000 people at standing room only singing at one end of the Anfield soccer stadium in Liverpool, which now seats 44,000. The singing would carry over into other situations as well.

"(One time) the cops came in (and) lined everybody up. They made them lie down on the sidewalk, and so all these guys were lying down with their hands behind their back, and they started singing Monty Python's Always Look on the Bright Side of Life and whistling. The cops actually started beating on them while they were lying there, so that kind of thing erupts spontaneously."



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Documentary sparks activism at Conestoga

By GILLIAN WEBBER

A presentation by the non-profit organization Invisible Children at Conestoga College inspired many students to take action to help free the child soldiers who have been kidnapped and forced to fight in the long-running war in Uganda.

Sponsored by Conestoga Students Inc., the documentary shown in the Sanctuary on Oct. 30 was created by three young filmmakers from California who journeyed to Africa in 2003 and came across a large group of children who came together at night so that they would not be kidnapped by a rebel group called The Lord's Resistance Army. The group, led by a man named Joseph Kony, takes the children and forces them to fight in his war against the government of Uganda.

Invisible Children organizes screenings of the film at schools across North America in order to create awareness about the situation, encourage people to petition their government to bring an end to the conflict and raise money to help finance ground-level help for the people of Uganda.

Colin O'Shea and Stephen Bresaw, representatives from Invisible Children, were on hand to answer questions from the audience and sell T-shirts and other merchandise to help fund the organization's charity work. The pair is on a two-and-a-half month tour of schools in the eastern part of the country with a group of volunteers from both Canada and the United States. Another group of volunteers is visiting schools in western Canada.

"The news doesn't really talk about the conflict in Africa," said O'Shea, 26, from Connecticut. "It's been going on for 24 years and nobody's really put out much effort to bring it to an end. And those countries don't have the resources to bring it to an end."

"So we want people to know that 1. (The problem) exists and 2. That their voices can be heard, that they want their local government leaders and worldwide leaders to work to bring war to an end and help Africa recover after it ends."

During the screening, most students sat silently riveted while viewing the brutal and disturbing images and some were unable to hold back tears at the sight of the maimed children.

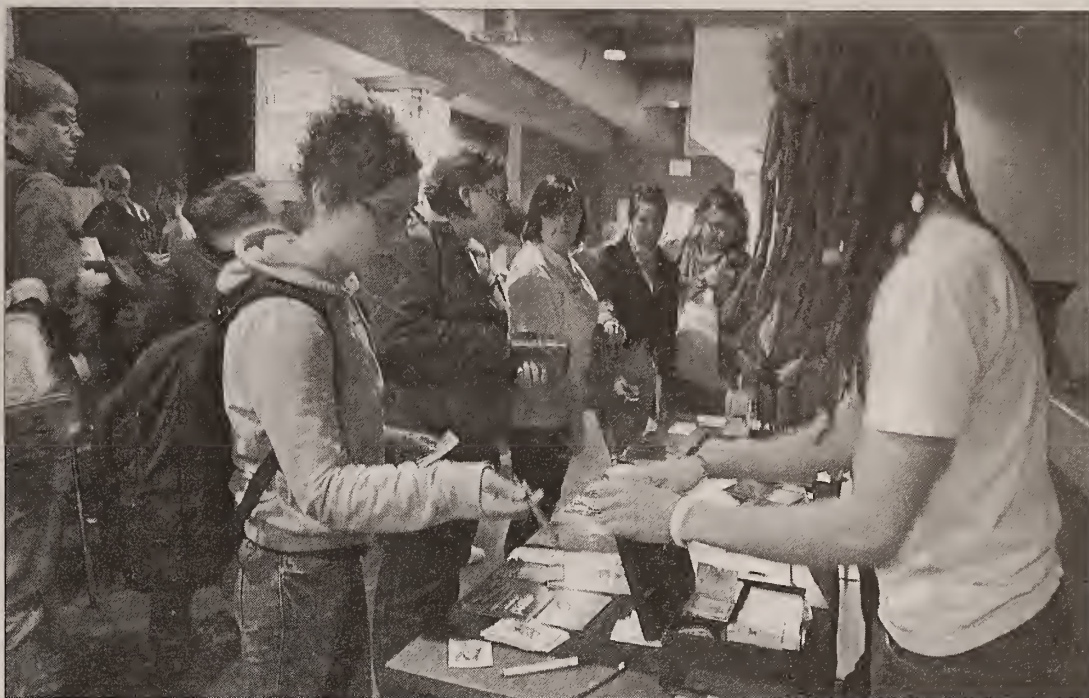


PHOTO BY GILLIAN WEBBER

Jenn Nelson, a first-year nursing student, signs a petition against child soldiers in Uganda after an Invisible Children presentation in The Sanctuary Oct. 30.

"I thought it was really good," said Jenn Nelson, a first-year nursing student. "I knew what was going on but I had no idea it was that bad."

Bresaw, 18, from Nova Scotia, said, "We like to connect people more through graphics than through words on a page because we hear so many statistics that there are thousands and thousands of kids being affected by the

problem. When you see the images and the music along with (the film), it brings a different attitude to it. It captures a lot of people's attention."

After the presentation, a crowd of students flocked around the merchandise table to purchase products or sign up for a monthly donation to support the cause. Many signed the organization's

petition to end the war in the form of "arrest warrants" for Joseph Kony that will be presented to U.S. President Barack Obama in December.

Invisible Children's website, www.invisiblechildren.com, has many of the organization's videos available as well as more information on the child soldiers, the war in Uganda and joining the campaign for peace in the region.

Humber Hawks feast on Conestoga Condors 61-0

By MITCH MUIR

The men's varsity rugby team left the field with birds dancing around their heads after a 61-0 loss to the Humber Hawks in Toronto on Oct. 28.

On that dreary day, the Condors were badly outplayed. On their first push toward Humber's end, they only managed to gain 10 yards before turning the ball over.

Humber scored their first try 10 minutes into the game, and then kicked through the uprights for the extra three points for an 8-0 lead.

At half-time, Conestoga was trailing by a score of 25-0. The Condors' offence was nowhere to be found, and the defence was constantly back on its heels.

During the break after the first half, the clouds parted and tried to shed some light on the Condors' problems. But before the second half could begin, it clouded back over and the slaughter resumed.

The Hawks picked up where they left off and scored early and often. Too many times they penetrated

the Condor defence and ran freely down the field. Conestoga just couldn't stop them.

"Tackling was the biggest thing," said head coach Jeff Desruisseau. "The basics were there, we just didn't tackle. It was like that all season."

He said it's hard to practise tackling when you get a small squad out for the practices.

"The teams we usually face cut 20 to 30 guys and keep 30 to 40."

Conestoga is a much smaller campus than Humber, but there are other underlying reasons why nobody comes out to the practices or tryouts.

"We have some program coordinators who encourage guys not to play because of injury, which needs to be addressed," said Desruisseau. "We suffer greatly for it. You've got guys out here busting their balls and this is the reward, a 61-0 game."

Desruisseau said the police foundations and paramedic programs discourage students from coming out, and he isn't happy.

"You can't tell kids not to play, especially for your school."



PHOTO BY MITCH MUIR

The Humber Hawks fly through the Conestoga Condors defence en route to a 61-0 victory.

Carolyn Harris, co-ordinator for police foundations, said she wasn't aware of the issue and couldn't comment further.

Vance Taibossigai, 19, plays prop forward for the Condors, and is in his second season with the rugby team. It's also his last game.

"I came from a town way up north on Manitoulin

Island," said Taibossigai. "Rugby is just new to me, and I wanted to come down south to play."

He was born and raised on a reserve called M'Chigeeng.

"I plan on going to Guelph University and taking nutrition programming and try and play rugby for four years (in total)."

Desruisseau has some ideas

on how to improve the team next season.

"They have to play in the summer. We've got about three or four people who play and the rest just don't do anything, so they come in out of shape, and you have to build from the ground up as opposed to having a nice platform to work from."

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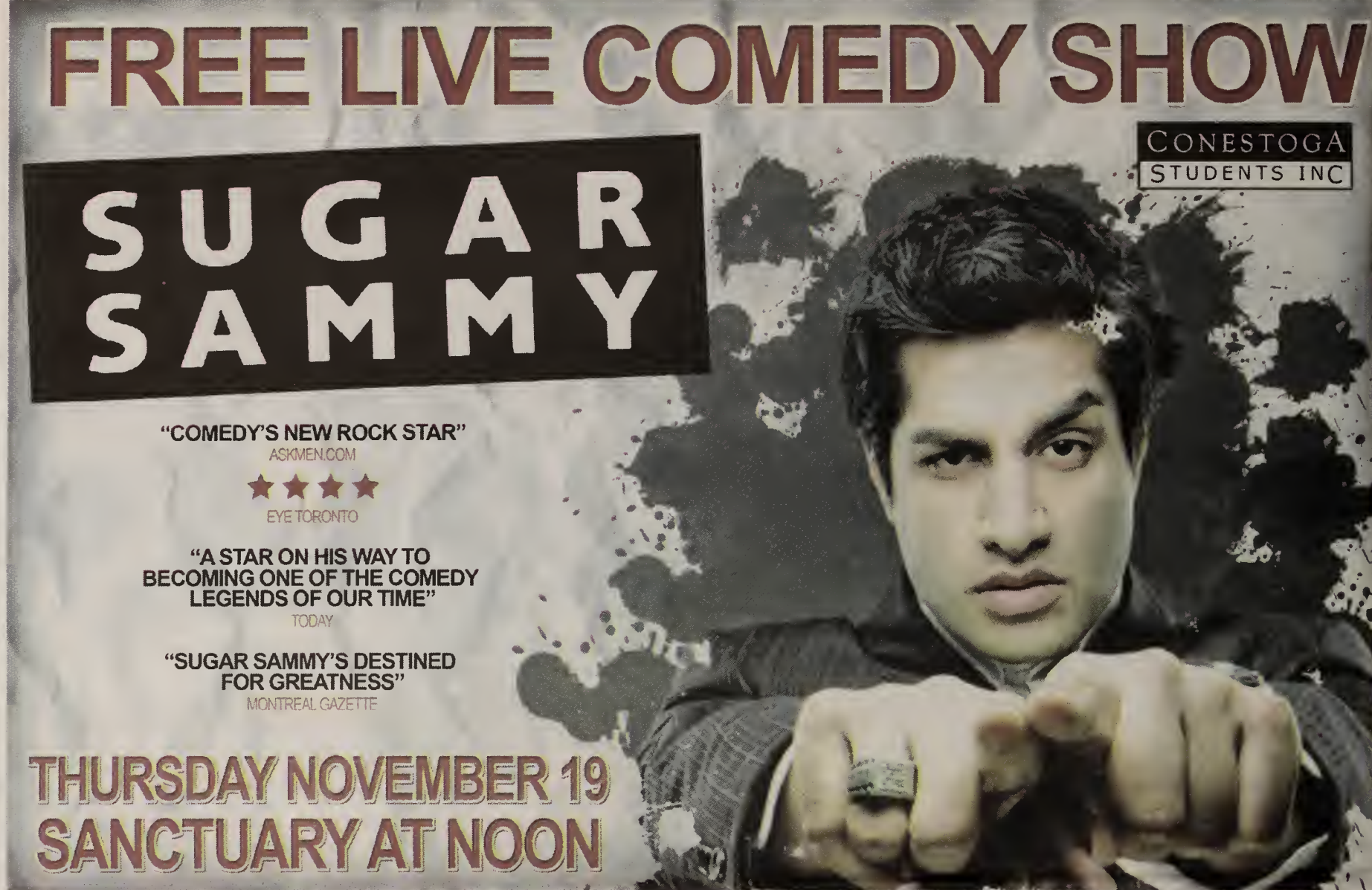
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